

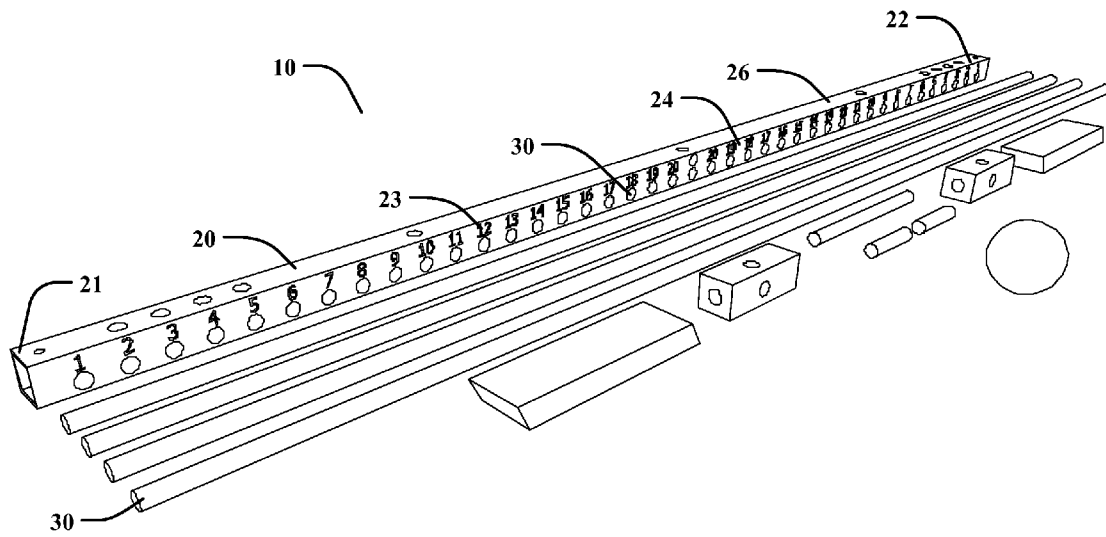


FIG. 1

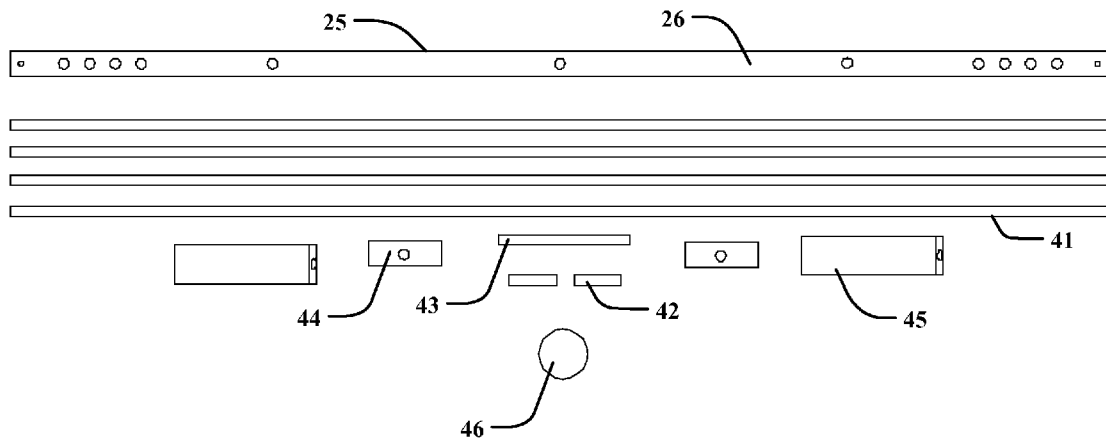


FIG. 2

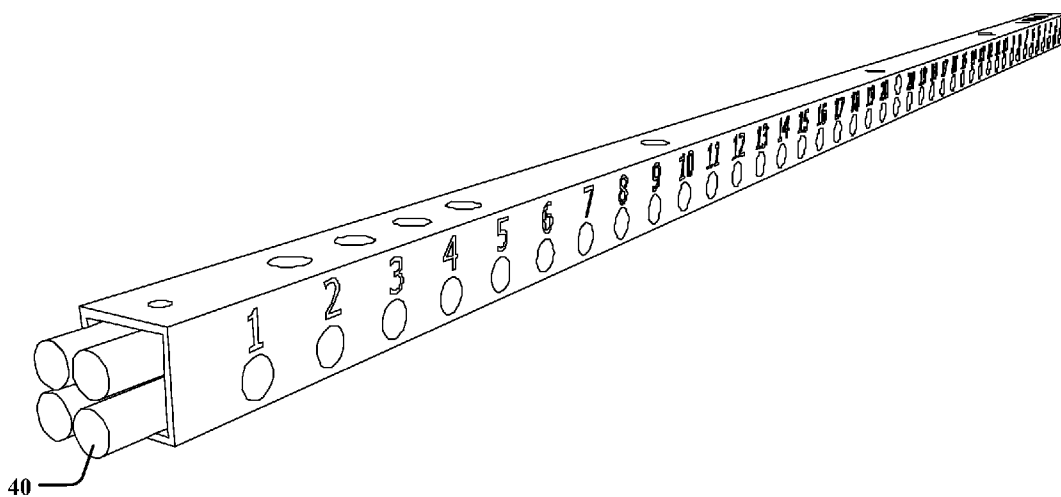


FIG. 3

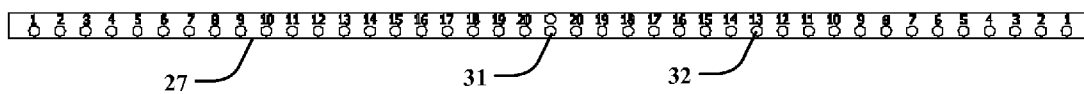


FIG. 4

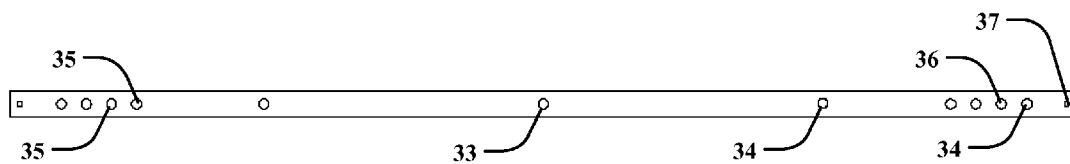


FIG. 5

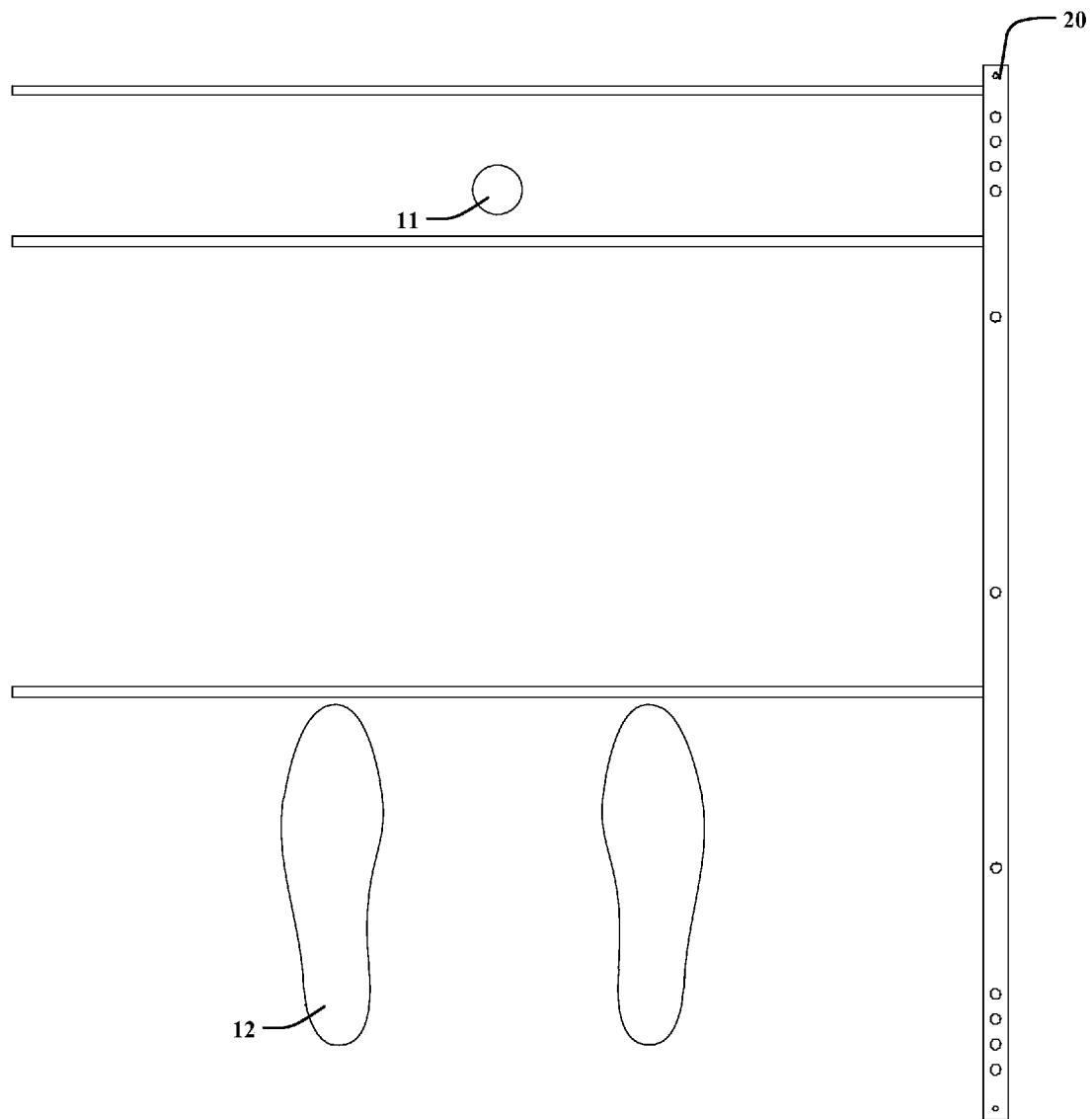


FIG. 6

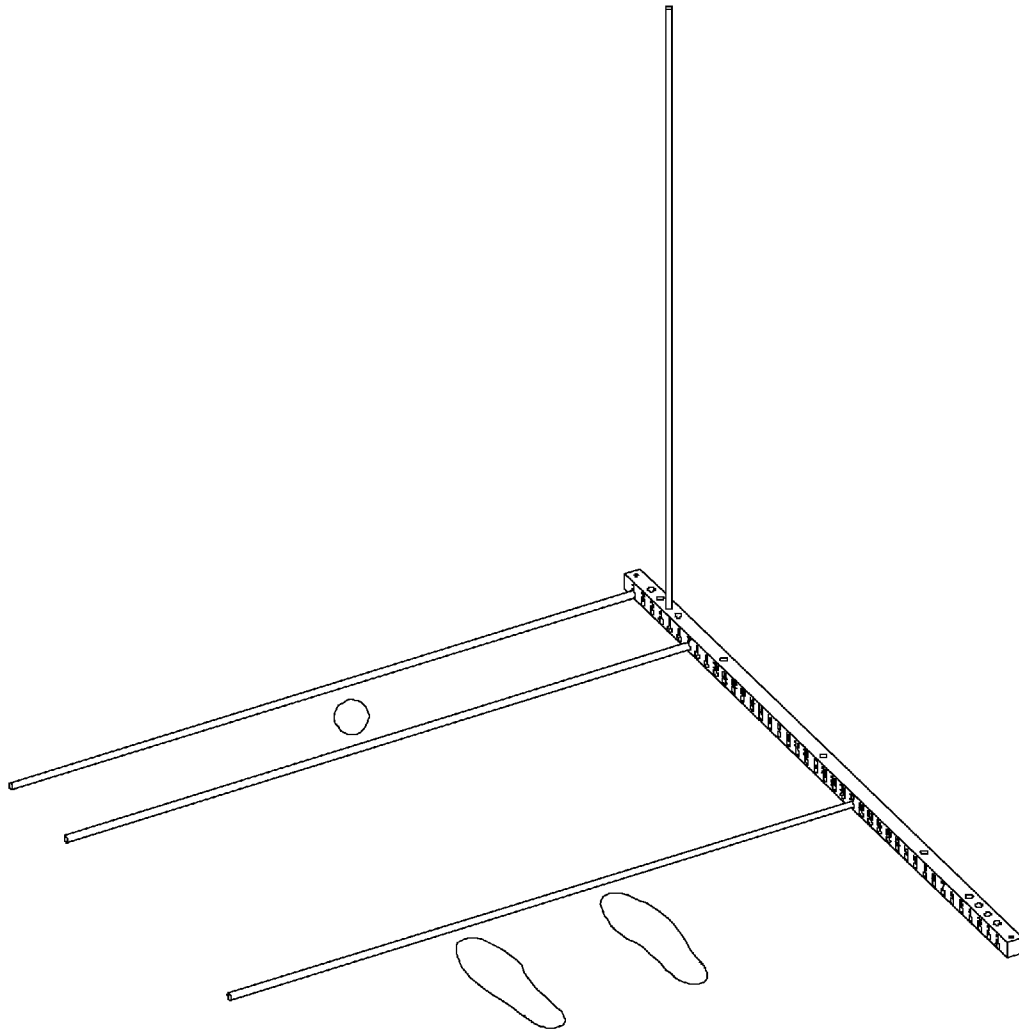


FIG. 7

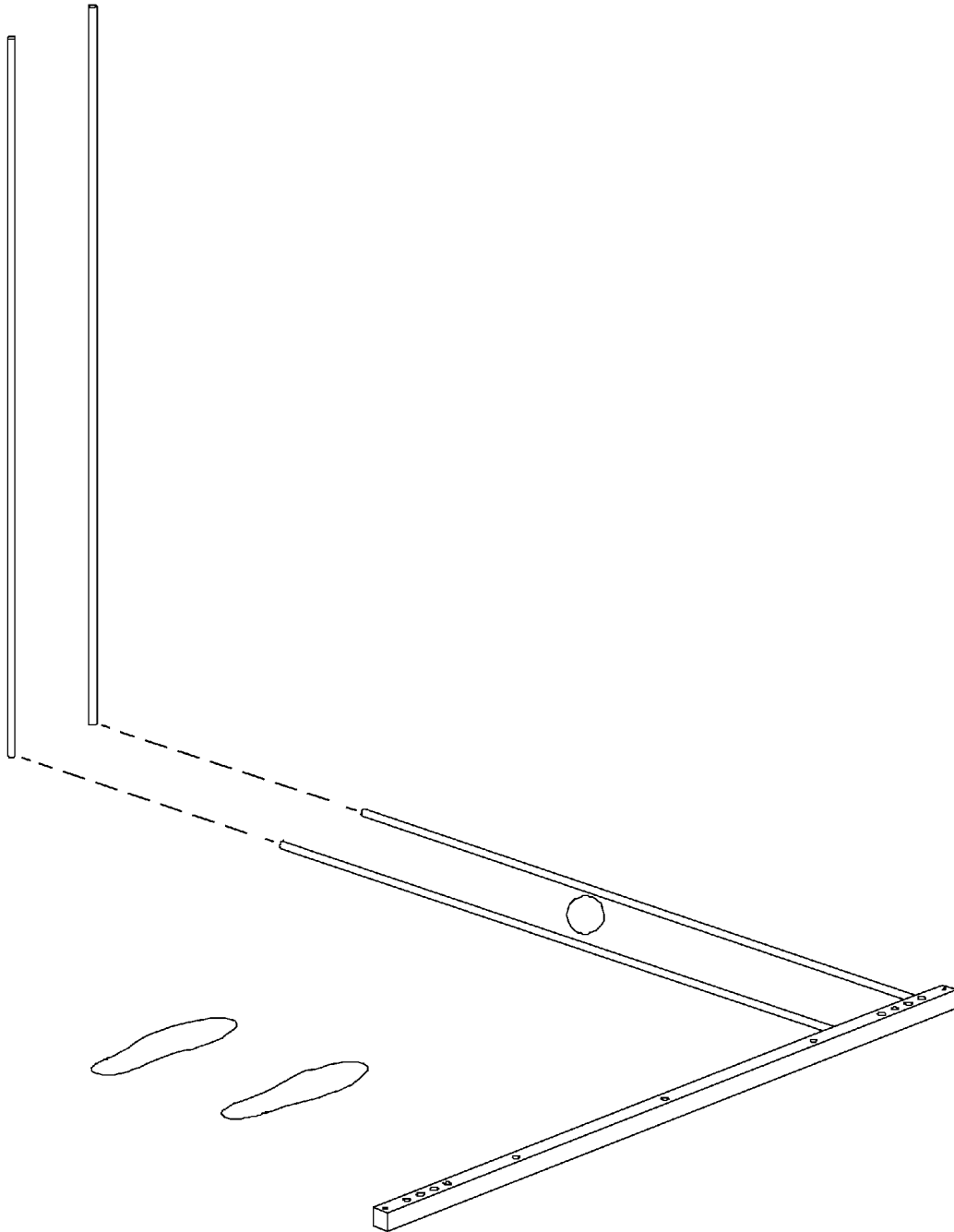


FIG. 8

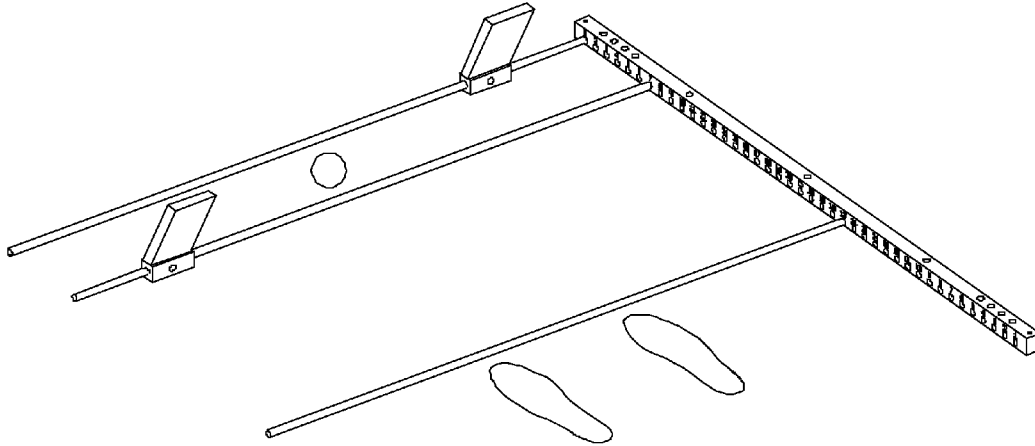


FIG. 9A

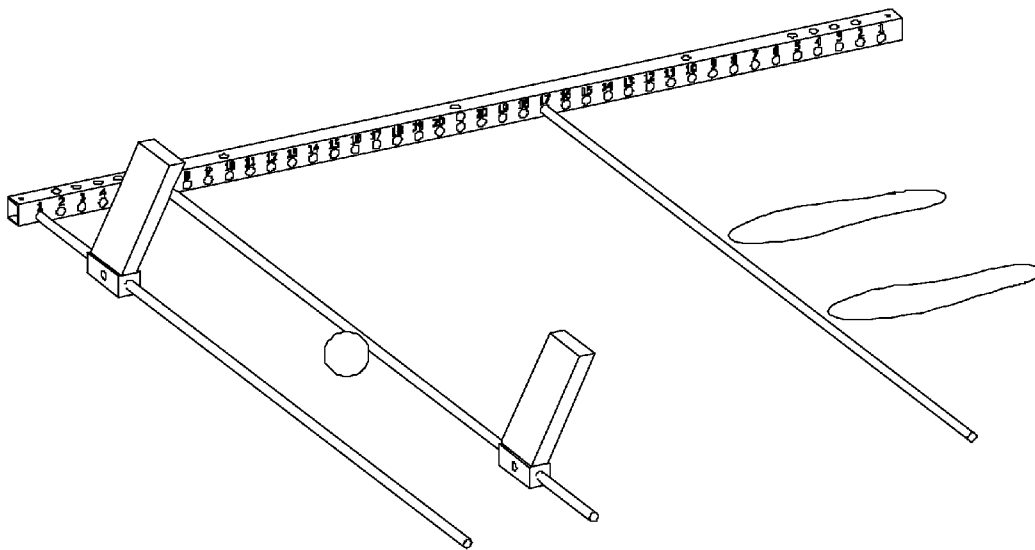
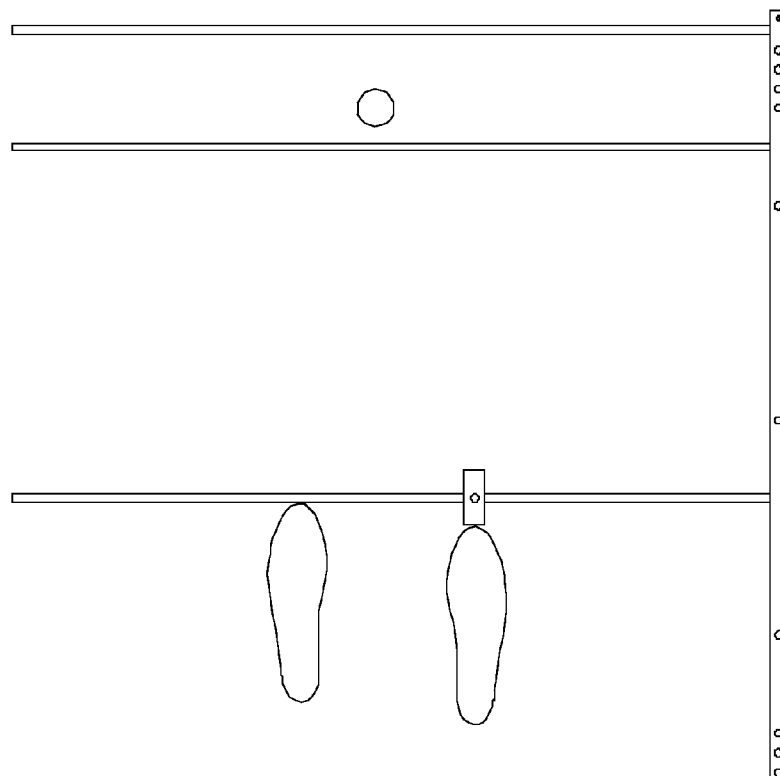
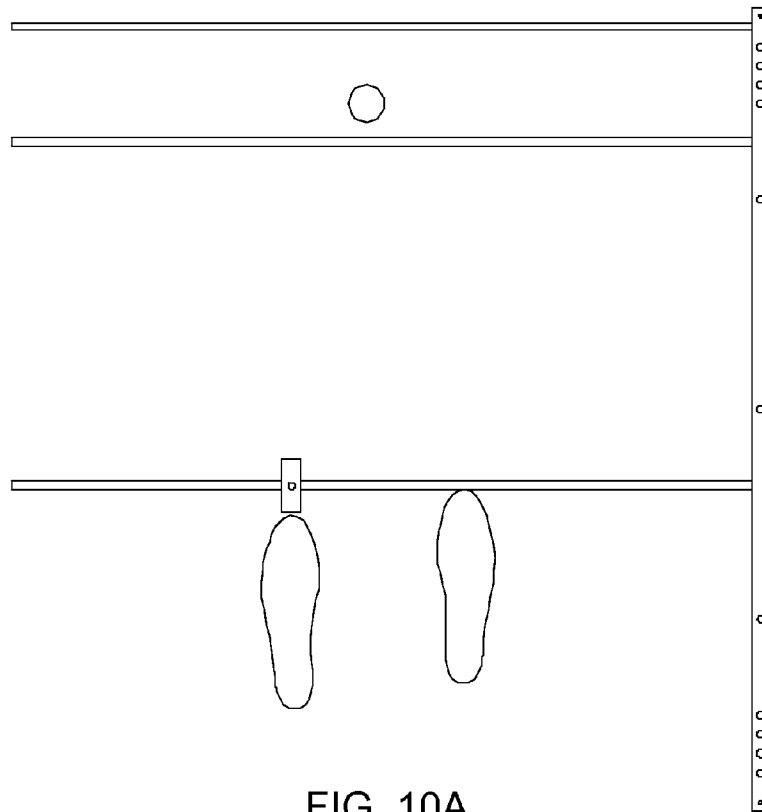


FIG. 9B



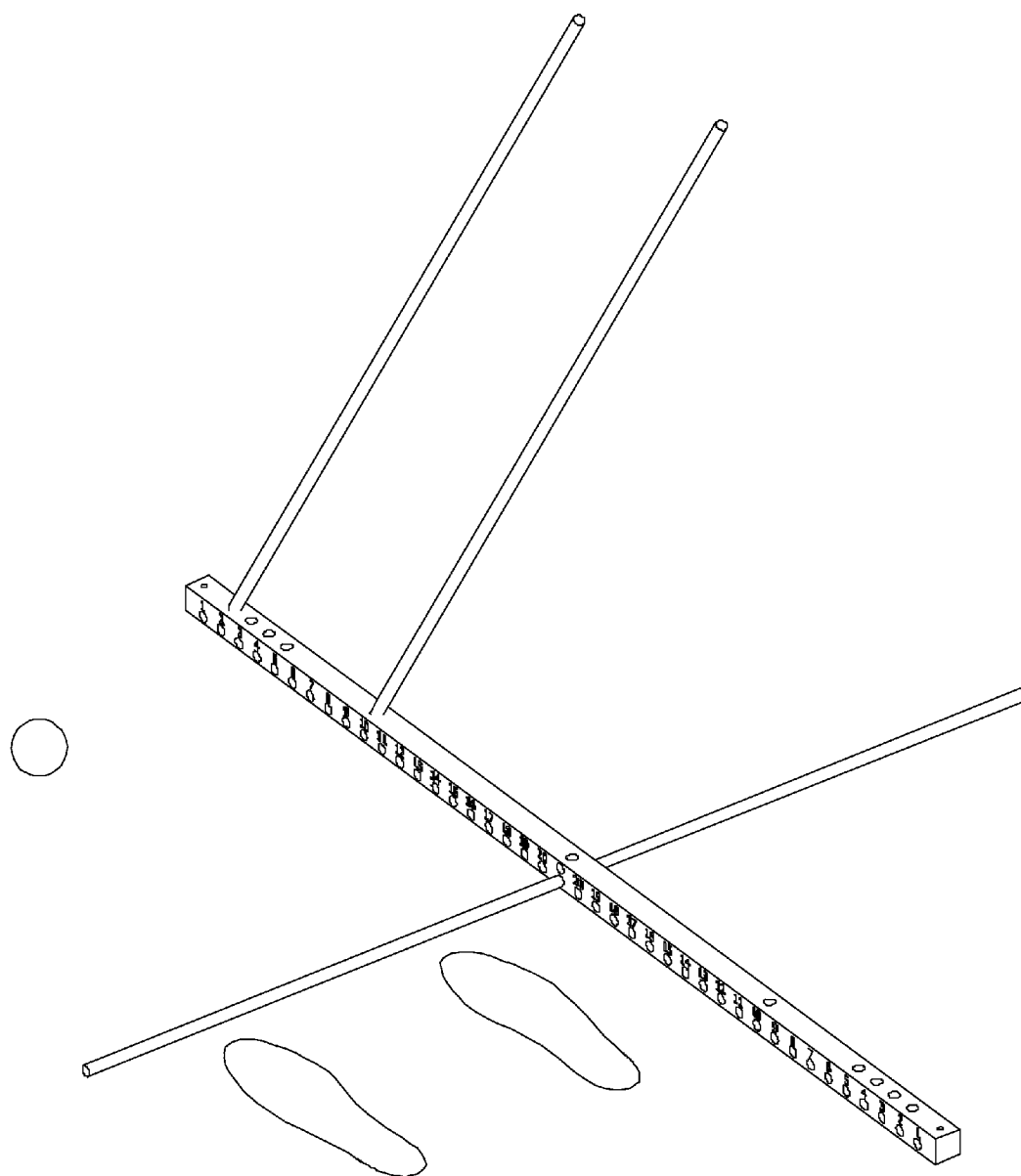


FIG. 11

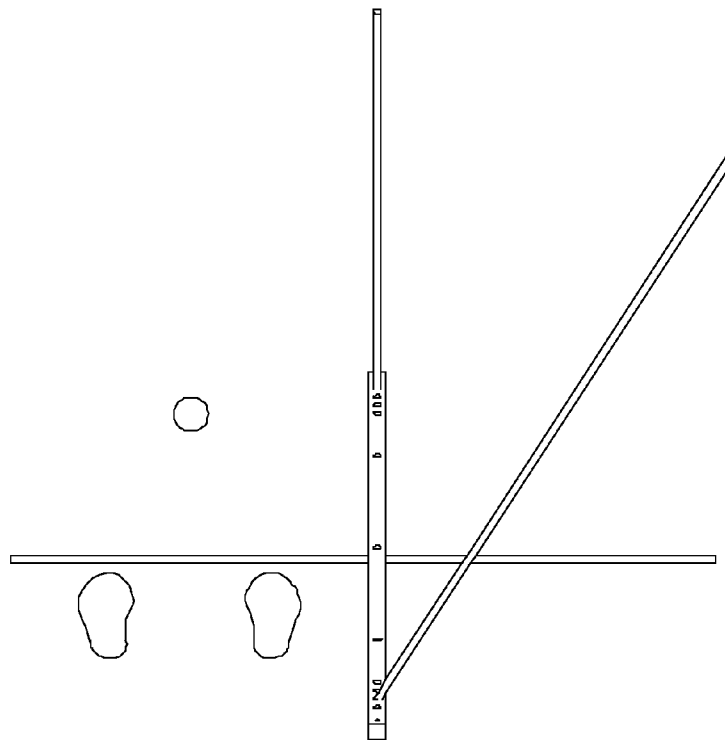


FIG. 12A

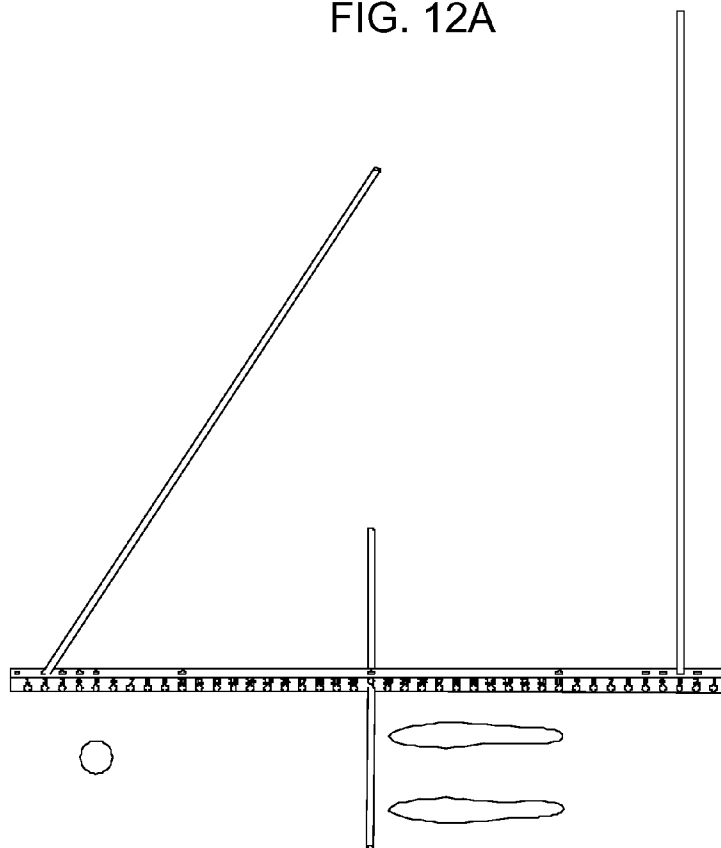


FIG. 12B

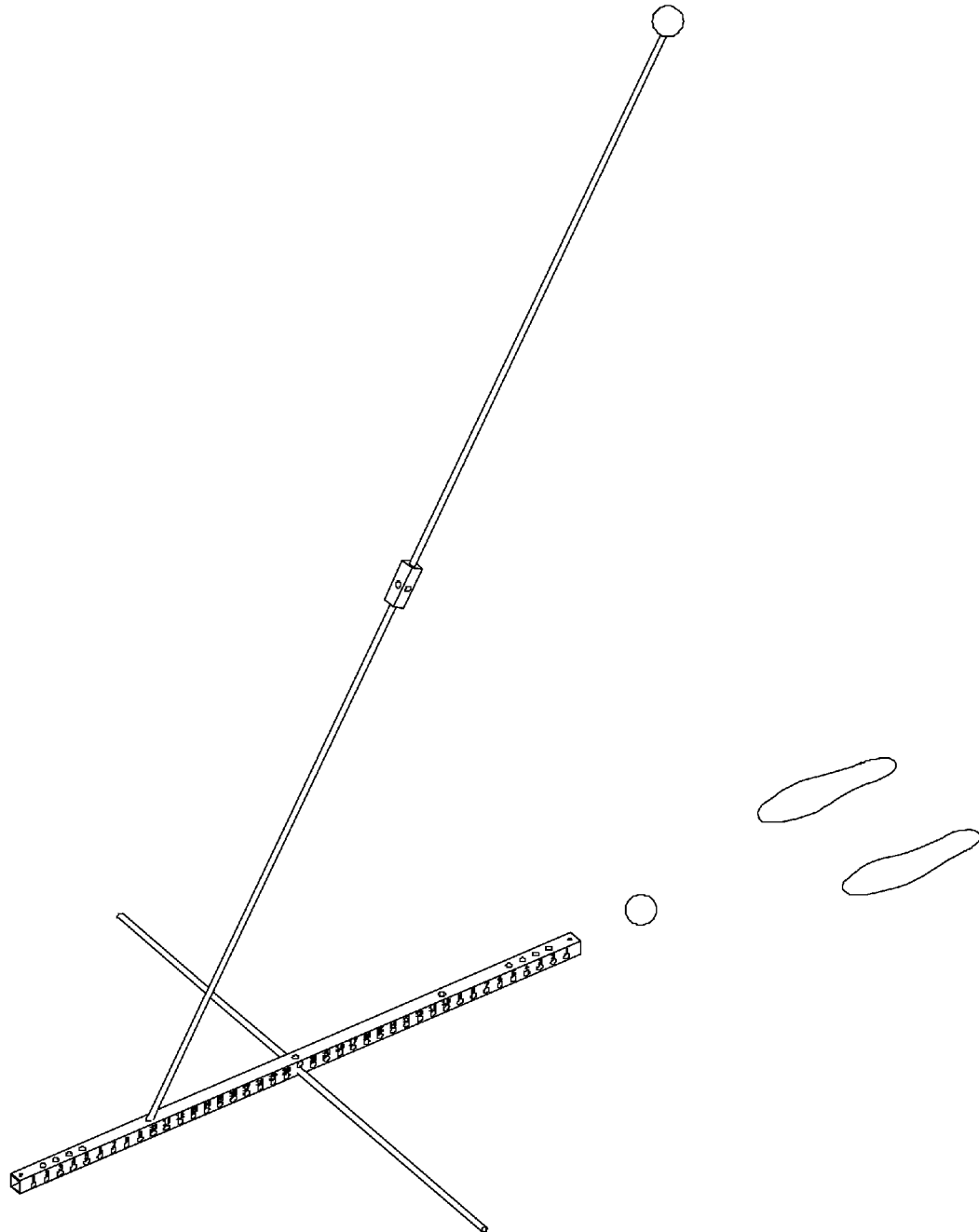


FIG. 13

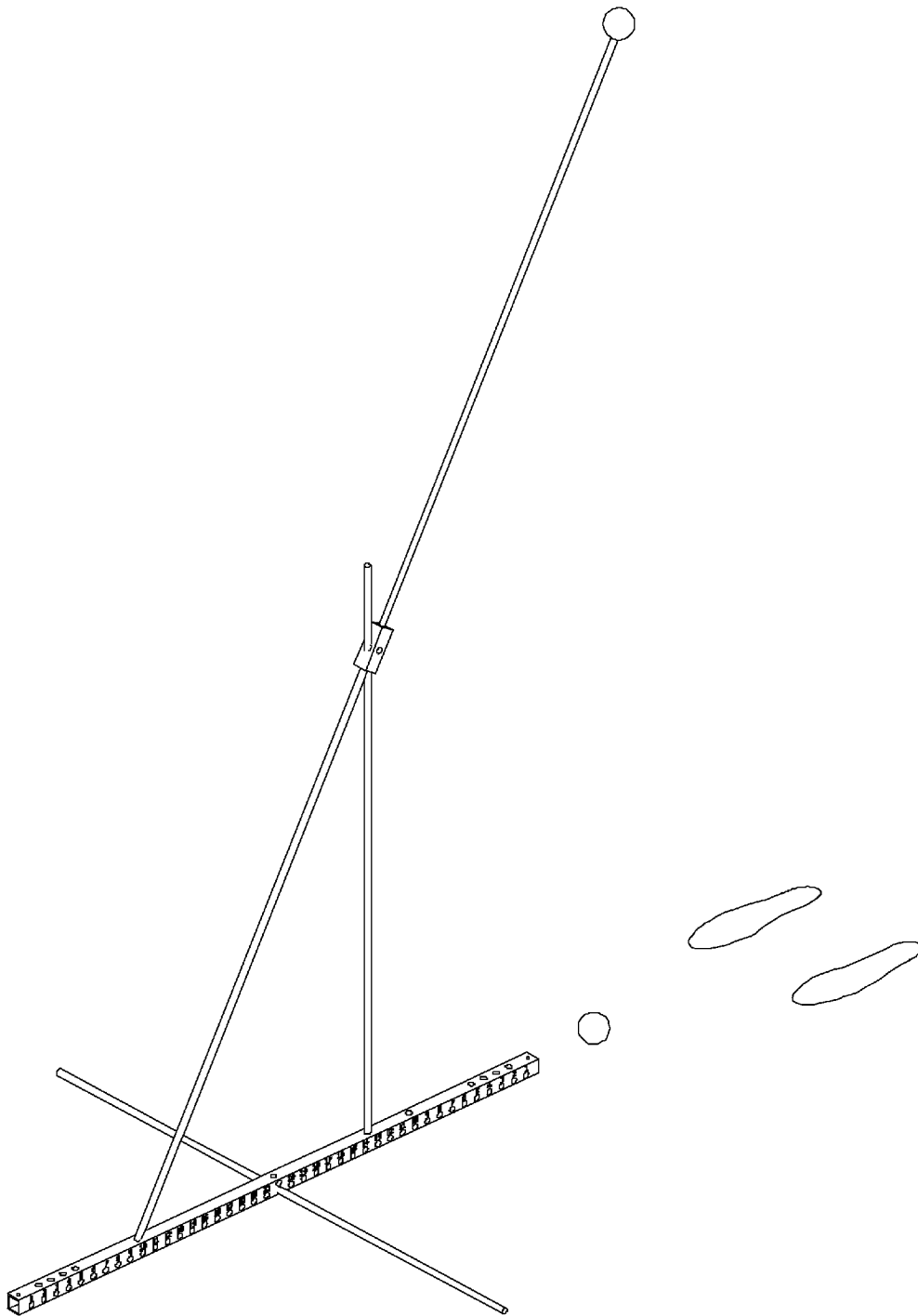


FIG. 14

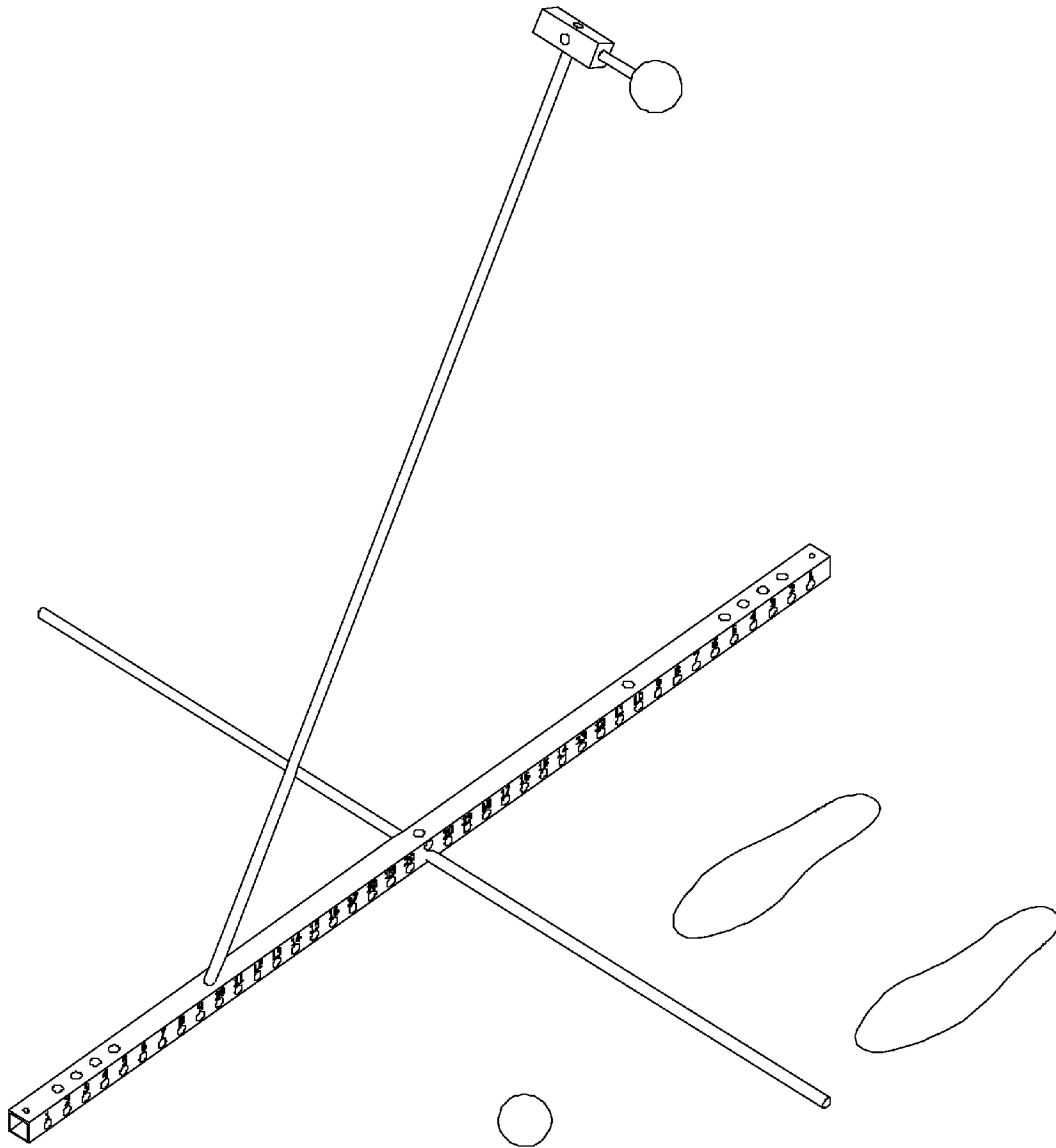


FIG. 15

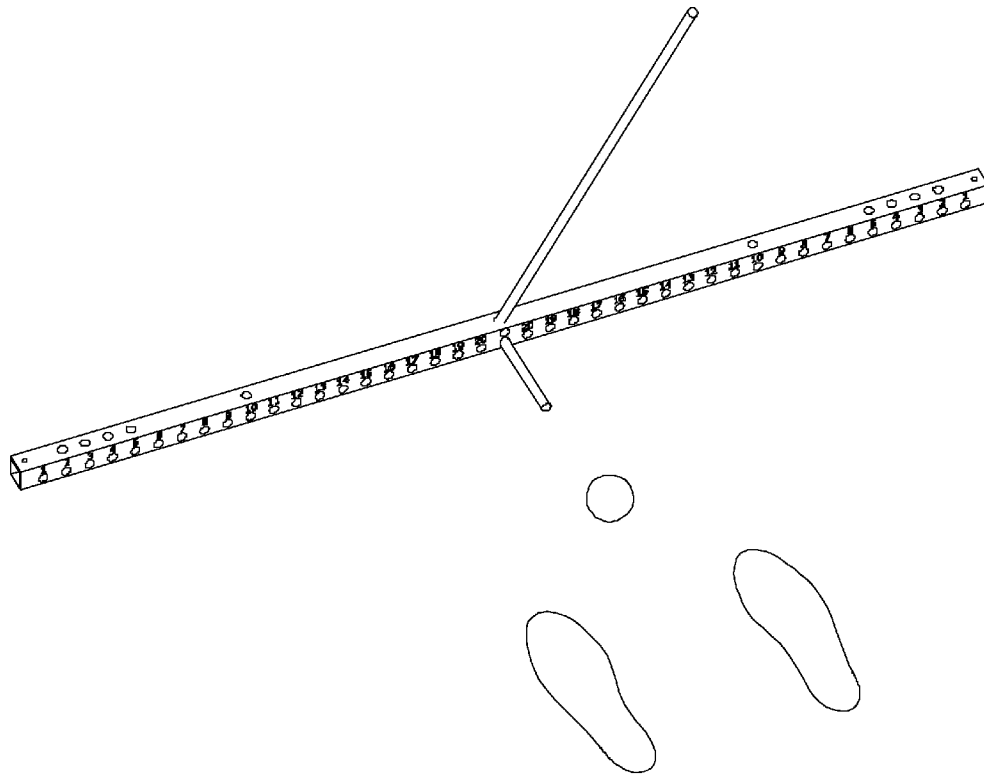


FIG. 16

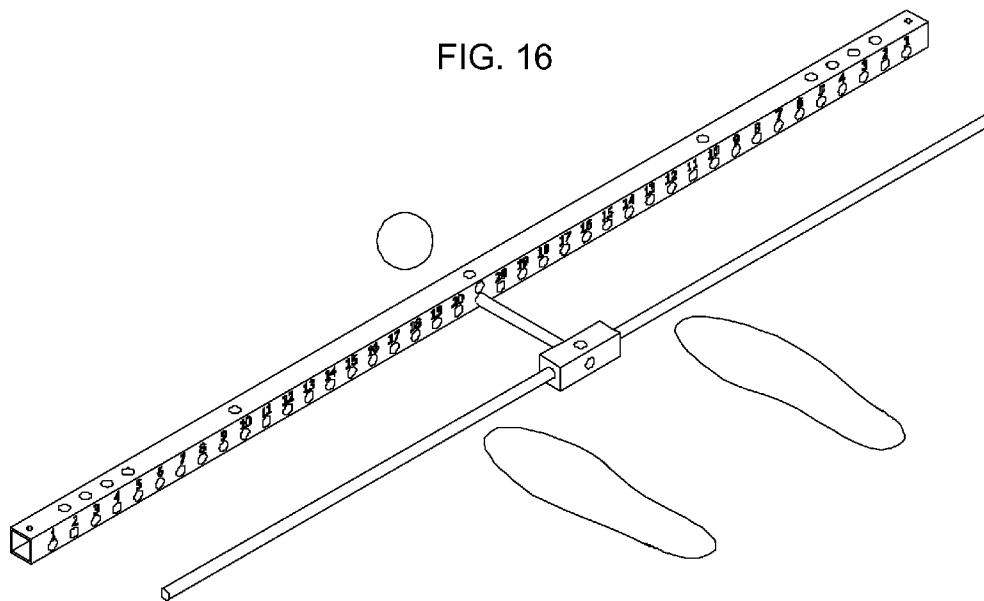


FIG. 17

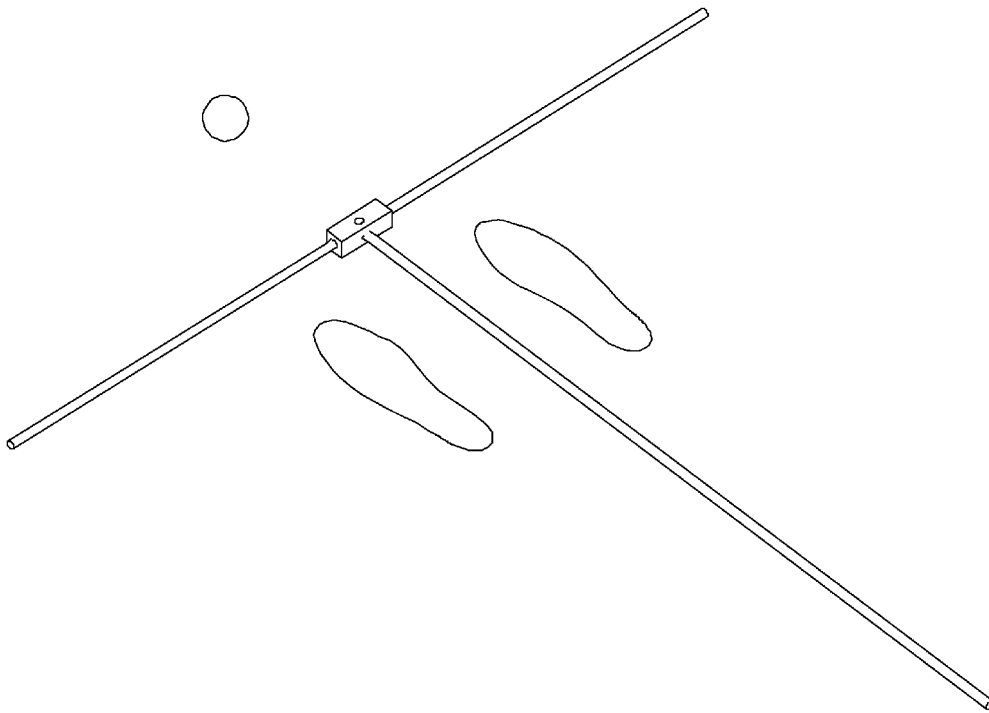


FIG. 18

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GOLF AID

CROSS-REFERENCE TO RELATED APPLICATIONS

This application claims the benefit of U.S. Provisional Patent Application No. 61/505,370, filed on Jul. 7, 2011, and incorporated herein by reference.

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH AND DEVELOPMENT

Not Applicable.

FIELD OF THE INVENTION

This invention relates generally to a golf aid, and more particularly, to an apparatus that aids in aiming and aligning a golf swing.

DISCUSSION OF RELATED ART

Golf is an outdoor sport in which competing players use several different types of clubs to strike a ball into a hole. Golf is played on a golf course where players navigate through fairways and greens and try to avoid roughs, trees, water traps, sand traps, and other obstacles. The ultimate goal of the game is to hit a golf ball into a designated hole in as few strokes as possible.

Golf is an incredibly challenging and precise game. The golf ball, weighing less than two ounces and measuring less than 2 inches in diameter, must travel hundreds of yards while avoiding intentionally placed obstacles to ultimately land in a golf hole a mere 4.25 inches in diameter. Wind, spin, power, club selection, aim, and technique all contribute greatly to the success or failure of a swing. It is no surprise that concentration and patience are critical for a successful golf game.

Golfing lessons have become increasingly popular as the game of golf, in general, becomes more mainstream. Furthermore, golf training aids have become more robust, enabling golfers to work on their stroke without the help of a professional.

While golf training aids are becoming more robust, there is currently no training aid that can assist a golfer in aligning their shot, aligning their swing, or positioning their head, shoulders, and feet, all in a single device. Therefore, a need exists for a robust golf training and alignment aid that can assist golfers in various aspects of their golf game. The present invention accomplishes these objectives.

SUMMARY OF THE INVENTION

The present invention will provide a robust golf training and alignment aid that can assist golfers in various aspects of their golf game. Furthermore, the present invention will be easily packaged and carried with the user in their golf bag for use anytime. This is accomplished by creating a sturdy base with several marked holes where elongated rods can be inserted.

The frame comprises a hollow rectangular base with several marked holes. The holes are designated with different colors corresponding to their different uses. The elongated rods, which are stored inside of the base, are then inserted in the holes to help the golfer aim his or her shot. Alternate holes can be used to help the golfer align their feet, shoulders, and head placement, as well as check stroke technique.

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When aligning a shot, the hole, ball, and striking spot must be parallel, creating an imaginary target line. The golfer's feet, knees, hips, and shoulders must all be aligned properly in the stance in order to strike the ball along the desired target line. When golfing, the aid will assist the golfer in aligning their shot and properly striking the ball to ensure it will travel along the target line toward the hole.

These and other objectives of the present invention will become obvious to those of ordinary skill in the art after reading the following detailed description of the preferred embodiments. It is to be understood that the foregoing general description and the following detailed description are exemplary, and are intended to provide further explanation of the invention as claimed.

DESCRIPTION OF THE DRAWINGS

FIG. 1 is a front perspective view of the golf aid;
 FIG. 2 is a top view of the golf aid;
 FIG. 3 is a perspective view of the base;
 FIG. 4 is a front view of the base;
 FIG. 5 is a top view of the base;
 FIG. 6 is a top view of the alignment method;
 FIG. 7 is a perspective view of the alignment method with aiming rod;
 FIG. 8 is a top view of the alignment method with forward aim rods;
 FIG. 9A is a perspective view of the swing path check method;
 FIG. 9B is a perspective view of the swing path check method;
 FIG. 10A is a top view of the draw/fade method;
 FIG. 10B is a top view of the draw/fade method;
 FIG. 11 is a perspective view of the swing plane method;
 FIG. 12A is a front view of the chipping plane method;
 FIG. 12B is a side view of the chipping plane method;
 FIG. 13 is a perspective view of the head alignment method;
 FIG. 14 is a perspective view of the head alignment method with additional vertical support;
 FIG. 15 is a perspective view of the anti-sway method;
 FIG. 16 is a perspective view of the inside approach method;
 FIG. 17 is a perspective view of the putting alignment method;
 FIG. 18 is a perspective view of the alignment method according to an alternative embodiment.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

Illustrative embodiments of the invention are described below. The following explanation provides specific details for a thorough understanding of and enabling description for these embodiments. One skilled in the art will understand that the invention may be practiced without such details. In other instances, well-known structures and functions have not been shown or described in detail to avoid unnecessarily obscuring the description of the embodiments.

Unless the context clearly requires otherwise, throughout the description and the claims, the words "comprise," "comprising," and the like are to be construed in an inclusive sense as opposed to an exclusive or exhaustive sense; that is to say, in the sense of "including, but not limited to." Words using the singular or plural number also include the plural or singular number respectively. Additionally, the words "herein," "above," "below" and words of similar import, when used in

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this application, shall refer to this application as a whole and not to any particular portions of this application. When the claims use the word "or" in reference to a list of two or more items, that word covers all of the following interpretations of the word: any of the items in the list, all of the items in the list and any combination of the items in the list.

The present invention **10** comprises a lightweight, yet sturdy, elongated shaft **20**, or base, with a hollow center. The base **20** is rectangular, having a proximal end **21**, a distal end **22**, opposing parallel front and rear faces **24**, **25**, and opposing parallel top and bottom faces **26**, **27**, although any suitable shape can be used without departing from the spirit of the invention. The base **20** comprises a plurality of apertures **30** positioned on each face, with markings **23** relating to the usage of the apertures **30**. Unless otherwise defined, each aperture **30** extends perpendicular to the face it is associated with. The base **20** may be made from plastic, metal, wood, graphite, or any other suitable material, and may include a soft or rubberized coating for comfort and protection.

The base **20** is open on its proximal end **21** and closed on its distal end **22**. A plurality of elongated rods **40** are adapted to fit within the apertures **30** and adapted to be stored within the base **20** by inserting the elongated rods **30** into the proximal (open) end **21** of the base **20**. When in use, a golfer will bring the golf aid **10** to the course or training area, align the base **20**, remove the elongated rods **40** from the base **20**, and insert them into the apertures **30** in a predetermined configuration to help aim and align a golf shot. In order to accommodate left and right-handed golfers, the base **20** is symmetrical about a line of symmetry **28** at the center of the base **20**.

In the preferred embodiment, the elongated rods **40** comprise four elongated rods **41**, two connecting rods **42**, and one combination rod **43**. The alignment rods **41** each have markings to assist in alignment, with a center point designating where the ball will be placed, and a separate section designating where the swing should be made. Furthermore, a pair of rectangular connectors **44** having a plurality of through holes are provided for connecting the elongated rods **40** and accessories together. A pair of tapered foam members **45** are adapted to connect to the rectangular connectors **44** using elongated rods **40**. Lastly, a positioning ball **46** is adapted to connect to the elongated rods **40** directly, or to the rectangular connectors **44** using the connecting rods **42**.

The golf aid **10** comprises several apertures **30**, each corresponding to a specific method of use defined below. A front aperture **31** is positioned at the center of the front face **24** and continues through the front and rear faces **24**, **26**, creating a through hole. This front aperture **31** is primarily used to balance the golf aid **10** in certain configurations. Two sets of 20 equidistant alignment apertures **32** are also on the front face **24**, with each set positioned on opposing sides of said front aperture **31**. The alignment apertures **32** are numbered for reference and customization with markings **23** for advanced use.

A top aperture **33** is positioned at the center of the top face **26**. The top aperture **33** has an angle of incidence between 30° and 60° towards the front face **24**. Two pairs of backswing apertures **34** are positioned on opposing sides of the top aperture **33**, each backswing aperture **34** having an angle of incidence between 30° and 60° towards the top aperture **33**. The backswing apertures **34** are generally positioned above alignment apertures **32** two and ten, although this configuration can be adjusted. Two pairs of aiming apertures **35** are also positioned on opposing sides of the top aperture **33**, generally positioned above markings four and five. Furthermore, two chipping apertures **36** are positioned on opposing sides of said top aperture **33**, each chipping aperture **36** having an

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angle between 30° and 60° towards said rear face **25** and positioned generally above marking three. Lastly, two golf tee apertures **37** are positioned on opposing sides of the top aperture **33**, each golf tee aperture **37** continuing through the top and bottom faces **26**, **27** and adapted for driving a pair of golf tees through the elongated body **20** and into the ground for stability.

Each group of apertures **30** is associated with a color, with each color corresponding to a configuration for using the golf aid. A first color corresponds with the alignment and aiming apertures **31**, **35**, a second color with the backswing apertures **34**, a third color with the chipping apertures **36** and a subset of the alignment apertures **31**, a fourth color with the golf tee apertures **37**, and a fifth color with the front and top apertures **31**, **33**. By color coding the apertures **30**, users can quickly and easily convert the configuration of the golf aid **10**. Suitable colors include red, yellow, green, orange, and blue, although any color can be used.

The present invention **10** comprises several configurations, or methods of use; an alignment method (FIGS. 6-8, 18), a swing path check method (FIGS. 9A, 9B), a draw/fade method (FIGS. 10A, 10B), a swing plane method (FIG. 11), a chipping plane method (FIGS. 12A, 12B), a head alignment method (FIGS. 13, 14), an anti-sway method (FIG. 15), an inside approach method (FIG. 16), and a putting alignment method (FIG. 17). Each method comprises placing the elongated rods **40** and other accessories into pre-designated apertures **30** corresponding with a color. In the preferred embodiment, instructions for use will be printed on the base **20**, including instructions for left-handed and right-handed players alike. Each method will rely on the target line **29**, or an imaginary line that intersects the ball **11**, hole, and striking spot of the ball. In an alternative embodiment, several color combinations may be used for separate methods.

The alignment method comprises placing the base perpendicular to the target line, with the front face towards the hole. Three elongated rods **40** are placed into the alignment apertures on the front face in order to assist in finishing through the target and following the correct path. The first elongated rod will be placed in an alignment aperture corresponding to the feet of the golfer, while the second and third are positioned in either side of the golf ball. A gap between the first and second elongated rods may be adjusted depending on the type of stance or club being used, or depending on the height of the golfer. Furthermore, the gap between the second and third elongated rods can be adjusted, where an amateur golfer may use alignment apertures one and nine while a professional golfer may use alignment apertures one and seven to narrow the gap. Once placed into the apertures, all elongated rods are parallel to the target line and perpendicular to the golfer's feet. While the above demonstrates a typical configuration, all elongated rod placements can be adjusted for golfers of different heights, styles, and comforts.

In an alternative embodiment, the first three elongated rods are used as they are in the alignment method, and a fourth elongated rod is placed into an aiming aperture on the top face. The fourth elongated rod extends vertically in between the second and third elongated rods, and should be in line with the golf ball and target line. The golfer will then stand behind the fourth elongated rod and use it to align the base and alignment elongated rods to ensure the shot is following the desired target line.

In a further alternative embodiment, the second and third elongated rods are used as they are in the alignment method, and two additional elongated rods are placed into the ground directly in front of these elongated rods. For example, if alignment apertures **1** and **9** are used for the first two align-

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ment elongated rods, two additional elongated rods are planted into the ground in a position aligned a few feet in front of alignment apertures 1 and 9. When struck, the ball will travel through the elongated rods so long as the shot follows the target line. This method may further assist the golfer in aligning his or her shot by providing target at a distance in front of them.

The swing path check method comprises attaching the first two elongated rods as they are used in the alignment method. Afterward, the first rectangular connector is positioned onto the second elongated rod, and the second rectangular connector is positioned on the third elongated rod. The first and second tapered foam members are then attached to the first and second connectors, respectively, using two connecting rods to hold them into place. The connectors and foam members are positioned such that during a back swing and follow through, if the swing is not aligned properly, the foam members will be struck and will provide an indication that the swing is out of alignment. In an alternative embodiment, magnets of opposing polarity are placed within the foam members and connectors, such that the foam members will remain in their desired position regardless of weather conditions.

The draw/fade method comprises attaching the first rectangular connector to the first elongated rod between the rod and the golfer's feet to open or close the golfer's stance. For example, when the connector is positioned between the golfer's left foot and the first elongated rod, the user's stance will be open and will then be intentionally misaligned with the target line. Conversely, if the connector is positioned between the golfer's right foot and the elongated rod, the user's stance will be closed and then be intentionally misaligned with the target line. This will help to add curvature to the path of the ball when struck.

The swing plane method comprises placing the base perpendicular to the target line, and inserting an elongated rod through the front aperture for stability. Two additional elongated rods are placed in the backswing aperture on the top face such that they are parallel and extend at an angle between 30° and 60° towards the golfer. The two elongated rods define a swing space, where a correctly aligned backswing will not come in contact with the elongated rods and an incorrectly aligned backswing will strike the elongated rods. In an alternative embodiment, several additional elongated rods may be placed into the alignment apertures as described in the alignment method for aligning the shot with the target line.

The chipping plane method is similar to the swing plane method, but is intended for chip shots. The first elongated rod is placed through the front aperture for stability, and a second elongated rod is placed into one of the backswing apertures, such that it extends at an angle between 30° and 60° towards the golfer. A third elongated rod is placed into a chipping aperture opposite the side of the backswing aperture such that it extends at an angle between 30° and 60° towards toward the rear face and away from the golfer. The second and third elongated rods define a chipping space, where a correctly aligned chip shot will not come in contact with the elongated rods and an incorrectly aligned chip shot will strike the elongated rods. In an alternative embodiment, several additional elongated rods may be placed into the alignment apertures as described in the alignment method for aligning the shot with the target line.

The head alignment method comprises placing the base perpendicular to the target line, with a first elongated rod placed through the front aperture for stability. A second and third elongated rods are combined with a rectangular connector to double their length, with the second elongated rod

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attaching to one of the backswing apertures. A positioning ball is then attached to the end of the third elongated rod. When configured in this manner, the second and third elongated rods will extend past the end of the base. The golfer will then position themselves such that their head rests against the positioning ball. During their stroke, the golfer must ensure that their head is near the positioning ball (half an inch), preventing movement back and forth, and thus stabilizing their shot. Alternatively, a fourth elongated rod may extend vertically from an aiming aperture and throughout the connector for additional stability.

The anti-sway method is similar to the head alignment method, but the positioning ball will rest against the golfer's body instead of the head. The anti-sway method comprises placing the base perpendicular to the target line, with a first elongated rod placed through the front aperture for stability. A second elongated rod will be inserted into one of the backswing apertures, with a connector attached to its open end. The positioning ball is then attached to the connector with a connector rod. The golfer will then position themselves such that their body rests against the positioning ball. During their stroke, the golfer must ensure that their body is near the ball (half an inch), preventing movement left and right, and thus stabilizing their swing.

The inside approach method comprises placing the base parallel to the target line, with a first elongated rod, connecting rod, or combination rod placed through the front aperture for stability without interfering with the golf ball. A second elongated rod is inserted into the top aperture such that it extends at an angle between 30° and 60° towards the golfer. Here, the second elongated rod defines an upper limit for a golf swing. If a swing is out of alignment, the second elongated rod will be struck, indicating an error in swing mechanics.

The putting alignment method comprises placing the base parallel to the target line, with the front face perpendicular to the ground. A first elongated rod, connecting rod, or combination rod will be placed into the front aperture, with a rectangular connector attached to first elongated rod nearest the golfer. A second elongated rod will travel through the rectangular connector perpendicular to the first elongated rod and parallel to the base. The golfer will then align their feet with the second elongated rod and keep their back straight, consequently striking the ball along the target line using a straight back-straight forward stroke. Alternatively, the golfer may place their own arc on the opposite side of the ball and parallel to the base and target line. When using the arc, they will be aligned as before, but their stroke will now have an arched path.

In an alternative embodiment, the alignment method can be used without the base, where the first elongated rod is positioned along the golf aim line with a rectangular connector at its center. A second elongated rod is then inserted into the rectangular connector such that the second elongated rod is perpendicular to the first elongated rod, forming a 'T' shape. The golfer will position their feet on either side of the second elongated rod and position the golf ball and club on the opposing side of the first elongated rod and first rectangular connector to assist in aiming their golf swing.

In yet a further alternative embodiment, the elongated rods may be replaced with a plurality of controlled-distance lasers build into the base, which will replicate all angles, positions, and lengths of the original elongated rods as used in the above methods. Here, the lasers can detect whether a club swing comes into contact with the trajectory of the laser. When this occurs, the base will notify the user of an improper swing with

a sound or alert. In an even further embodiment, multi-directional lasers can be used to further adjust angles, distances, and lengths.

While the above description contains specific details regarding certain elements, sizes, and other teachings, it is understood that embodiments of the invention or any combination of them may be practiced without these specific details. Specifically, although certain colors and markings are designated in the above embodiments and figures, any colors and markings may be used. These details should not be construed as limitations on the scope of any embodiment, but merely as exemplifications of the presently preferred embodiments. In other instances, well known structures, elements, and techniques have not been shown to clearly explain the details of the invention.

The above detailed description of the embodiments of the invention is not intended to be exhaustive or to limit the invention to the precise form disclosed above or to the particular field of usage mentioned in this disclosure. While specific embodiments of, and examples for, the invention are described above for illustrative purposes, various equivalent modifications are possible within the scope of the invention, as those skilled in the relevant art will recognize. Also, the teachings of the invention provided herein can be applied to other systems, not necessarily the system described above. The elements and acts of the various embodiments described above can be combined to provide further embodiments.

Changes can be made to the invention in light of the above "Detailed Description." While the above description details certain embodiments of the invention and describes the best mode contemplated, no matter how detailed the above appears in text, the invention can be practiced in many ways. Therefore, implementation details may vary considerably while still being encompassed by the invention disclosed herein. As noted above, particular terminology used when describing certain features or aspects of the invention should not be taken to imply that the terminology is being redefined herein to be restricted to any specific characteristics, features, or aspects of the invention with which that terminology is associated.

While certain aspects of the invention are presented below in certain claim forms, the inventor contemplates the various aspects of the invention in any number of claim forms. Accordingly, the inventor reserves the right to add additional claims after filing the application to pursue such additional claim forms for other aspects of the invention.

What is claimed is:

1. A golf aid comprising:

a rectangular elongated hollow body having a proximal and distal end, said body closed on its proximal end and open on its distal end, said body having opposing parallel front and rear faces and opposing parallel top and bottom faces, said front, rear, top, and bottom faces having a plurality of apertures; and

a plurality of elongated rods adapted to fit within said apertures and adapted to be stored within said hollow body;

wherein a golfer will insert said plurality of elongated rods into said plurality of apertures in a predetermined configuration to aim and align a golf swing.

2. The golf aid of claim 1, wherein said plurality of apertures further comprise:

a front aperture positioned at the center of said front face and continuing through said front and rear faces; and two sets of 20 alignment apertures, each set positioned on opposing sides of said front aperture.

3. The golf aid of claim 2, wherein said plurality of apertures further comprise:

a top aperture positioned at the center of said top face and having an angle of incidence between 30° and 60° towards the front face;

two pairs of backswing apertures, each pair positioned on opposing sides of said top aperture, each backswing aperture having an angle of incidence between 30° and 60° towards said top aperture;

two pairs of aiming apertures, each set positioned on opposing sides of said top aperture;

two chipping apertures positioned on opposing sides of said top aperture, each chipping aperture having an angle between 30° and 60° towards said rear face; and

two golf tee apertures positioned on opposing sides of said top aperture, each golf tee aperture continuing through said top and bottom faces and adapted for driving a pair of golf tees through said elongated body and into the ground for stability.

4. The golf aid of claim 3, wherein said plurality of apertures further comprise:

a first color corresponding with said alignment and aiming apertures;

a second color corresponding with said backswing apertures;

a third color corresponding with said chipping apertures and a subset of said alignment apertures;

a fourth color corresponding with said golf tee apertures; and

a fifth color corresponding with said front and top apertures.

5. The golf aid of claim 3, wherein said apertures are symmetrical about a line of symmetry through the center of said elongated body.

6. The golf aid of claim 3, wherein said plurality of elongated rods further comprise:

four alignment rods;

two connecting rods; and

one combination rod.

7. The golf aid of claim 6, further comprising:

a pair of rectangular connectors having a plurality of through holes adapted to receive said elongated rods;

a pair of tapered foam members adapted to connect to said rectangular connectors with said connecting rods; and

a positioning ball adapted to connect to said elongated rods or said rectangular connectors with said connecting rods.

8. A method of using a golf aid, comprising:

positioning a hollow rectangular elongated body perpendicular to a golf target line, said body having opposing parallel front and rear faces and opposing parallel top and bottom faces;

inserting a first of a plurality of elongated rods into a first alignment aperture positioned along said front face of said elongated body such that said first elongated rod is positioned perpendicular to the golfer's feet and parallel to the target line;

inserting a second of a plurality of elongated rods into a second alignment aperture positioned along said front face of said elongated body such that said second elongated rod is parallel with the golf target line and positioned between the golfer and the golf ball; and

inserting a third of a plurality of elongated rods into a third alignment aperture positioned along said front face of said elongated body such that said third elongated rod is parallel with the golf target line and positioned opposite said golf ball.

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9. A method of claim 8, further comprising:
 inserting a fourth of a plurality of elongated rods into an
 aiming aperture positioned along said top face of said
 elongated body such that said fourth elongated rod
 extends vertically between said second and third elon- 5
 gated rods parallel to the target line.

10. A method of claim 8, further comprising:
 inserting said first of a plurality of elongated rods vertically
 into the ground in a line extending from said second 10
 elongated rod; and
 inserting a fourth of a plurality of elongated rods vertically
 into the ground in a line extending from said third elon-
 gated rod;
 wherein the golf ball will travel between said first and 15
 fourth elongated rods when struck properly.

11. A method of claim 8, further comprising:
 attaching a first rectangular connector having a plurality of
 through holes along said second elongated rod;
 attaching a second rectangular connector having a plurality
 of through holes along said third elongated rod; and 20
 attaching a first and second tapered foam member to said
 first and second rectangular connectors;
 wherein said first and second foam members will be struck
 if a golf swing is out of alignment.

12. A method of claim 8, further comprising: 25
 attaching a first rectangular connector having a plurality of
 through holes along said first elongated rod;
 wherein said first rectangular connector is positioned
 between said first elongated rod and either of the golfer's
 feet, causing the golfer to open or close their stance. 30

13. A method of claim 8, further comprising:
 inserting said first of a plurality of elongated rods into a
 front through aperture positioned along the center of
 said front face of said elongated body such that said first
 elongated rod provides stability to said elongated body; 35
 inserting said second of a plurality of elongated rods into a
 first backswing aperture positioned along said top face
 of said elongated body such that said second elongated
 rod extends at an angle between 30° and 60° towards the
 golfer; and 40
 inserting said third of a plurality of elongated rods into a
 second backswing aperture positioned along said top
 face of said elongated body such that said third elon-
 gated rod extends at an angle between 30° and 60°
 towards the golfer; 45
 wherein said second and third elongated rods define a
 swing space for a golf backswing, and wherein said
 second and third elongated rods will be struck if a golf
 backswing is out of alignment.

14. A method of claim 13, further comprising: 50
 inserting said third of a plurality of elongated rods into a
 first chipping aperture positioned along said top face of
 said elongated body such that said third elongated rod
 extends at an angle between 30° and 60° towards said
 rear face; 55
 wherein said second and third elongated rods define a
 chipping space for a golf chip shot, and wherein said
 second and third elongated rods will be struck if a golf
 chip shot is out of alignment.

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15. A method of claim 13, further comprising:
 attaching a first rectangular connector having a plurality of
 through holes onto the end of said second elongated rod;
 inserting said third of a plurality of elongated rods into said
 rectangular connector such that said third elongated rod
 extends in the same direction as said first elongated rod;
 and
 attaching a positioning ball onto the end of said third elon-
 gated rod;
 wherein the golfer positions their head adjacent to said
 positioning ball for head alignment.

16. A method of claim 15, further comprising:
 inserting a fourth of a plurality of elongated rods into an
 aiming aperture positioned along said top face of said
 elongated body such that said fourth elongated rod
 extends vertically;
 wherein said fourth elongated rod travels through said first
 rectangular connector for additional stability.

17. A method of claim 13, further comprising:
 removing said third elongated rod;
 attaching a first rectangular connector having a plurality of
 through holes onto the end of said second elongated rod;
 and
 attaching a positioning ball onto said first rectangular con-
 nector;
 wherein said positioning ball is positioned adjacent to the
 golfer during their golf swing, and wherein any loss of
 contact or excessive contact with said position ball indi-
 cates a golf swing that is out of alignment.

18. A method of claim 8, further comprising:
 positioning said elongated body parallel with the golf tar-
 get line;
 inserting said first of a plurality of elongated rods into a
 front through aperture positioned along the center of
 said front face of said elongated body such that said first
 elongated rod provides stability to said elongated body
 without interfering with the golf ball;
 inserting said second of a plurality of elongated rods into a
 top aperture positioned along the center of said top face
 of said elongated body such that said second elongated
 rod extends at an angle between 30° and 60° towards the
 golfer; and
 removing said third elongated rod;
 wherein said second elongated rod defines an upper limit
 for a golf swing, and wherein said second elongated rod
 will be struck if a golf swing is out of alignment.

19. A method of claim 18, further comprising:
 attaching a first rectangular connector having a plurality of
 through holes onto said first elongated rod; and
 inserting said second of a plurality of elongated rods
 through said first rectangular connector such that said
 second elongated rod is parallel with said elongated
 body;
 wherein the golfer will align their feet with said second
 elongated rod and align their golf ball with said elon-
 gated body for use with a putting shot.

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